

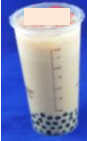





The Trap of Iced Drinks

The weather is getting more sultry and stifling. To cool off, people may get iced drinks from shops. Apart from pre-packaged drinks in cans or cartons, other favourite summer drinks include freshly squeezed juices, sport drink, iced “bubble” (tapioca balls) milk tea and iced mocha. But do you know how much energy and sugar can be found in one such drink?

Common iced drinks		Energy (kcal)	Sugar (g)
Fresh juice (300 ml)		135	23
Sport drink (500 ml)		130	34
Iced “bubble” tea (500 ml)		325	29
Iced mocha (300 ml)		177	21
Carbonated canned drink (500 ml)		205	53
Lemon tea in Tetra Pak (250 ml)		138	34
Source: Centre for Food Safety			

An iced drink has as much energy as 0.5-1.5 bowl of white rice (with one bowl approx. equal to 250-300 ml). If you take an iced drink every day, you will experience an additional energy intake of 135 to 325 kcal per day, which is equivalent to 4 050-9 750 kcal, or gains approx. 1-3 lbs of fat per month.



Take this the example of a medium-build adult: if he/she wants to counter this additional energy gain at 4 050-9 750 kcal, he/she will have to run around a sport field 162-390 times!

So, if you don't want a pot belly to hang around you after the summer, please be more careful when choosing your drinks. Water, totally void of energy and sugar, is always the best summer drink. Other fair choices include iced tea with no added sugar, low-fat milk and low-sugar soya milk.

To know more about ...

- ✧ healthy eating, please visit 'Health Zone' website at <http://www.cheu.gov.hk>
- ✧ 'Health@work.hk Project', please visit <http://www.healthatwork.gov.hk>